

N 24, 1999 .

September

FDA Commissioner Jane E. Henney
5600 Fishers Lane
Rockville, MD 20857

In 1984, when I was teaching nutrition, I taught that sugar consumption was very high in America. My concern is that sugar lacks nutrients, providing "empty" calories. And I think the connection between tooth decay and sugar consumption is well established. Thirdly, have you looked around at Americans? Fat and fatter - more obese people now than even in 1984. Now I read that the consumption of added sugar is up 25% since 1984.

I think its time for the FDA to make a recommendation on the amount of sugar (including sucrose, fructose, corn syrup, etc) in a healthful diet -just like the amount of fat, protein, etc. Labels should show the amount of added sugar in a food. Please start this labeling information as soon as possible.

Thanks... *Wena Dows*

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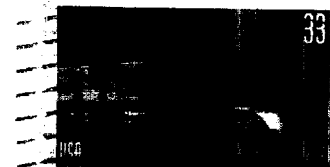
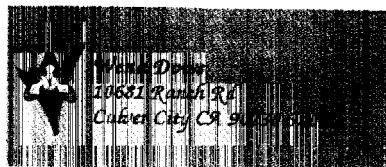
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